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**CANADA POST
LOOKS AHEAD
CEO CALLS FOR
MODERNIZATION**
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Tuesday, February 21,
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News worth
sharing.

'Heartbreaking tragedy'

- Authorities say two-year-old victim not known to child-protection services
- Not known what motivated man, who was well-liked father, teacher and rugby ref

A former Ottawa resident cycled to the top of a bridge in Australia and threw himself and his two-year-old son over the railing in a murder-suicide, media reports say.

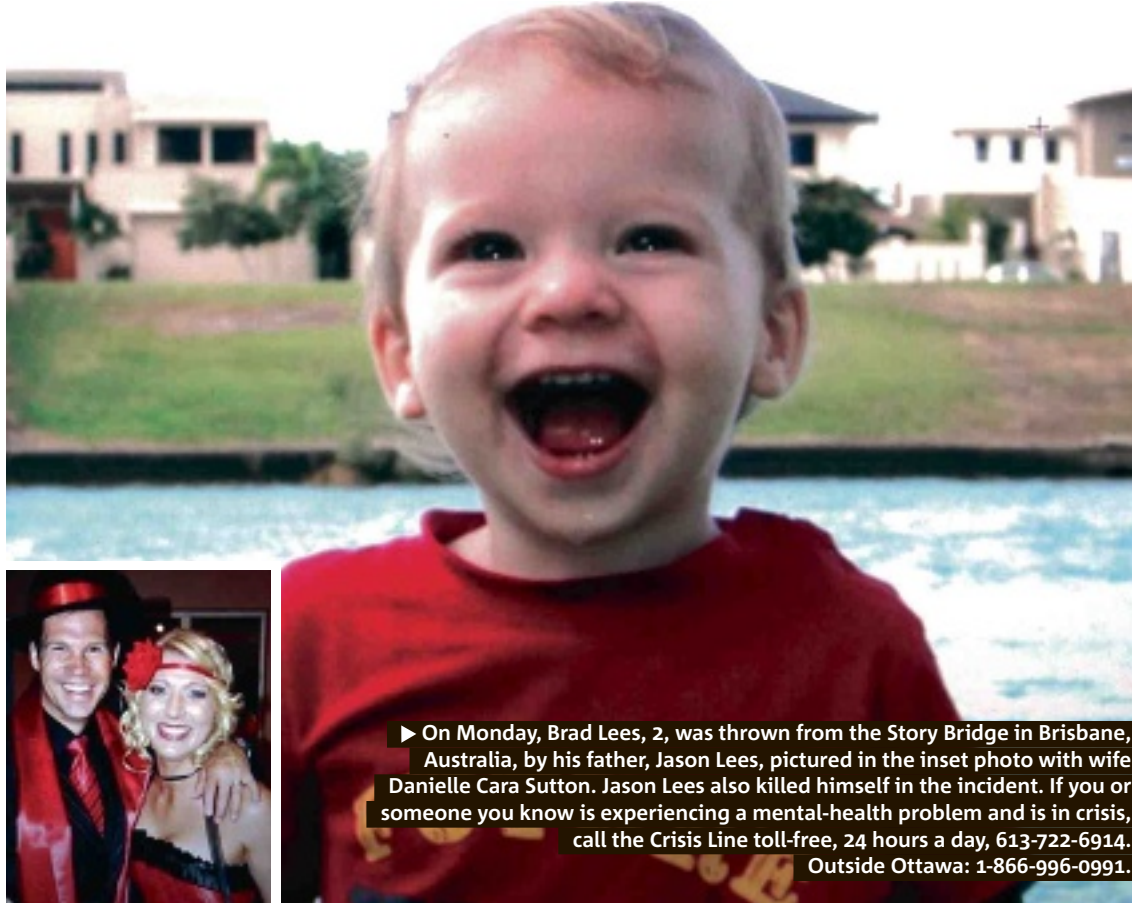
Jason Lees, 40, was an alumnus of Carleton University and Ridgemont High School in Ottawa, according to his Facebook page.

Australian media say he was a well-liked teacher at Anglican Church Grammar School and a prominent international rugby referee. The Courier Mail reported Lees lived in Brisbane with his wife, Danielle, and their son Brad.

The tragedy has sparked calls in Australia for a safety cage to be installed on the Story Bridge, where the incident occurred. Several people witnessed the incident, which happened around 3 a.m. local time. Reports in Australian media say Lees' family is distraught. Authorities would not comment on the status of Lees' relationship with his wife prior to the incident.

Queensland Premier Anna Bligh called the incident "nothing short of a heartbreaking tragedy."

● METRO



► On Monday, Brad Lees, 2, was thrown from the Story Bridge in Brisbane, Australia, by his father, Jason Lees, pictured in the inset photo with wife Danielle Cara Sutton. Jason Lees also killed himself in the incident. If you or someone you know is experiencing a mental-health problem and is in crisis, call the Crisis Line toll-free, 24 hours a day, 613-722-6914. Outside Ottawa: 1-866-996-0991.

Local Trudeau listed as underdog

- Online casino picks Conservative senator in charity boxing match
- Proceeds will go to cancer research {page 2}

Get your Oscar body

Hollywood
personal
trainer dishes
hot tips
{page 14}



Senators dominate

Spezza, Karlsson each
score twice as Sens
pound the Islanders
6-0 {page 20}

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news

It's been an upbeat three years for Archie, but a bizarre CEO feud is rocking the company behind the comic. Scan code for story.

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On the web at
metronews.ca

Canadians living across the border from Detroit are rallying to put an end to what they call 'The Windsor Hum.' Watch at metronews.ca/video

Ottawa residents set silly record



► The Silly String melee at its peak.

More than 600 people at the CE Centre on Monday established the world record for the largest "streamer string fight" in the world — a new category never contested before.

For a couple of minutes before their cans ran out, 629 kids and adults shrieked, giggled and sprayed the brightly

coloured foam — better known by the brand name Silly String — into the air and all over each other.

Philip Robertson, an adjudicator for Guinness World Records, verified the proceedings and found 20 people didn't participate fully, but the 629 that did was above the minimum 250.

"That number was established with the records-management team, who spend hours and hours and years and years and years studying events of this nature," said Robertson.

Guinness gets 12,000 applications for new records each year and decides if they are interesting enough to be counted. ● JESSICA SMITH

Chance Trudeau goes down: Bookie

► Ahead of next month's charity boxing match, Bodog.ca has Conservative Sen. Patrick Brazeau as heavy favourite over Liberal MP Just Trudeau



JESSICA SMITH
@METRONEWS.CA

Conservative Sen. Patrick Brazeau is the clear favourite and Liberal MP Justin Trudeau the underdog in an upcoming charity boxing match, according to an online bookmaker.

Online casino Bodog.ca puts Brazeau at -500 and Trudeau at +300 odds — for payouts of 1 to 5 and 3 to 1 on a win, respectively.

"Brazeau's a big favourite to win," said Bodog.ca sports-book manager Adam Burns. "We're saying there's an over 80 per cent chance that he will win this fight."

"Trudeau is a 3-to-1 underdog. What that means from a gambling perspective is you would win three times your money if he wins."

Using media reports, Burns looked at their expe-

"The only odds that matter to me right now, with respect to Mr. Trudeau, is the fact that we are at political odds.... Come March 31 we'll see who will defy or beat those odds."

CONSERVATIVE SEN.
PATRICK BRAZEAU

rience — particularly Brazeau's black belt in karate — as well as their physical strength and physical stature, he said.

"(Brazeau) might need to be an even bigger favourite in this," said Burns. "Even though they're wearing headgear and it's Olympic-style and I know they're not going to try to kill each other, I wouldn't be surprised if Trudeau got knocked out

or least fell down once in this fight."

Depending on the bets the casino receives, the odds may change, he said.

Brazeau was a little surprised at being favourite.

"I think that may be a little overrated because I was considering myself the underdog," he said.

As for knocking Trudeau out, Brazeau said, "That's part of the sport and hopefully part of the game plan.... In boxing, sometimes it only takes one punch."

But, first and foremost, he is fighting to raise money for cancer research in memory of his mother, who died from lung cancer in 2004, Brazeau said.

All the money raised at the Fight For the Cure match at the Hampton Inn on March 31 will go toward the Ottawa Regional Cancer Foundation.

RYAN TAPLIN/THE CANADIAN PRESS



► Sen. Patrick Brazeau

PAUL CHIASSON/THE CANADIAN PRESS



► Justin Trudeau

Patrick Brazeau

► Age: 37
► Height: 5'10"
► Reach: 70 inches
► Weight: 183 pounds

Justin Trudeau

► Age: 40
► Height: 6'2"
► Reach: 73 inches
► Weight: 175 pounds

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Protesters rally to save trees

► Group wants clear cutting of forests in Gatineau Park suspended



JOE LOFARO
@METRONEWS.CA

Protesters in Gatineau held a demonstration Monday morning to ask the Quebec government to halt clear-cutting undertaken for the Autoroute 5 extension from Chelsea to Wakefield.

A5X, the group opposed to the extension, said they protested in front of the Gatineau office of Stéphanie Vallée, parliamentary secretary to Quebec Premier Jean Charest.

A5X member Anne Winship said Vallée was not in, so the group left a copy of a letter addressed to Charest demanding a

halt to the work.

Winship said the current highway design plan is outdated and a public consultation is needed before the cutting begins.

"People's opinions have changed in 25 years and so has road engineering and taking the environment into account," she said. "They're destroying so much of the environment."

The government plans to destroy the forests and blast rock through more than six kilometres of land to build a four-lane divided highway.



For more local news, visit metronews.ca/ottawa

On. Ice



► Novice skater Mayor Jim Watson gets a hand from Lauren Casey, 9, left, and Madison Cholette, 8, as he tries to skate on the Rink of Dreams for Family Day on Monday.

JOE LOFARO/METRO

A Family Day skate

Mayor Jim Watson took to the ice on Monday as he hosted a Family Day skating party on the Rink of Dreams outside city hall. With the Rideau Canal skateway closed, the refrigerated rink was a hotspot for families wanting to get some ice time in downtown. An NCC Ice Hog, Ottawa Senators mascot Spartocat and the fire-department mascot Sparky also joined dozens of kids on the ice.

Museum staff vote in favour of strike

About 150 workers at the Canadian Museum of Nature may soon walk off the job after their bargaining committee voted 78 per cent in favour of a strike mandate on Feb. 15, the union representing them said.

The Public Service Alliance of Canada (PSAC) said a conciliation session is slated for Tuesday between the union and the museum. They said workers will be in a legal strike position on March 12. Researchers and main-

tenance workers are among the affected employees.

Job security, shift work and scheduling are key concerns, the union said.

"We are hopeful that with this overwhelming strike vote, the museum will get the message that our members are serious about service to the public and not prepared to accept concessions," said Max Joly, president of PSAC local 70395 at the museum.

● JOE LOFARO

Man falls from 10th floor

A 39-year-old man fell 10 storeys from an apartment building Monday morning and was sent to hospital in

critical condition, paramedics said.

Paramedics received a call at 11:22 a.m. to an apartment building in the 2000 block of Carling Avenue. When they arrived they initiated immediate medical stabilization, paramedics said.

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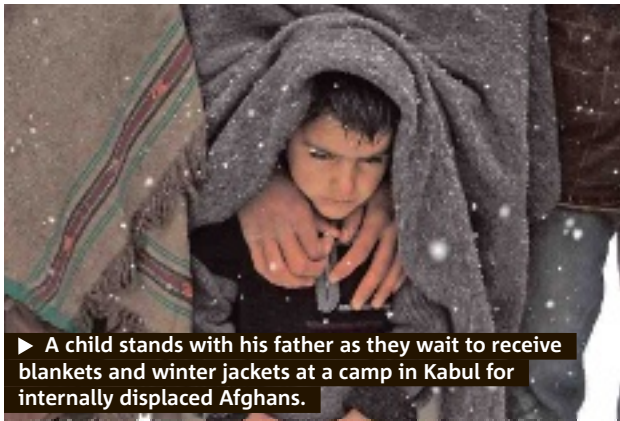
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Afghan cold claims more than 40 lives

► Coldest winter in years forces locals into camps ► Number of deaths in capital city outrages public

MUSADEQ SADEQ/THE ASSOCIATED PRESS



► A child stands with his father as they wait to receive blankets and winter jackets at a camp in Kabul for internally displaced Afghans.

More than 40 people, most of them children, have frozen to death in what has been Afghanistan's coldest winter in years, an Afghan health official said Monday.

The government has recorded 41 deaths from freezing in three provinces — Kabul, Ghor and Badakhshan, said Health Ministry spokesman Ghulam Sakhi Kargar.

All but three or four of those deaths were children, he said. Twenty-four of the deaths were in the capital of Kabul, mostly in camps for people who have fled fighting elsewhere in the country.

Kabul has been experi-

encing its worst cold snap and heaviest snowfall in 15 years, according to the National Weather Center. It said the weather was to improve by the end of the week.

Heavy snowfall in Day Kundi province caused an avalanche late Sunday in the Sang-i-Takht district that damaged three dozen homes and shops. The avalanche caused no injuries, said Nasrullah Sadiqzada, a member of parliament from the central province.

The hardest-hit have been people living in tents in a number of camps around the capital.

THE ASSOCIATED PRESS

Red Cross attempt ceasefire in Syria

The International Committee of the Red Cross (ICRC) said Monday that it is trying to broker a ceasefire aimed at allowing emergency aid to reach people in the areas most affected by fighting in Syria, where thousands have died in an 11-month uprising against President Bashar Assad's regime.

An ICRC spokeswoman, Carla Haddad, said the Geneva-based aid group has been in talks

with Syrian authorities and opposition groups for some time, but attempts to negotiate a ceasefire had begun only recently. Haddad declined to specify when.

"We are currently discussing several possibilities with all those concerned, and it includes a cessation of fighting in the most affected areas," Haddad told The Associated Press.

THE ASSOCIATED PRESS



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Third charge laid in 'couch surfing' death

A Quebec man accused of driving a vehicle that dragged a sofa carrying two of his friends, one of whom was killed, faces three criminal charges.

Alex Labbe, 21, of St-Benjamin, had already

been charged with hit-and-run causing death and dangerous driving causing death. On Monday, the Crown laid a third charge of criminal negligence causing death in the Saturday-night stunt that killed Francois Hallee, 22.

He was freed on \$2,000 bail and, among several bail conditions, must not drink alcohol or drive a car. **THE CANADIAN PRESS**

Feds blasted over veterans' aid

► Vets not given proper reasons for denial of benefits, ombudsman says

A report on how former soldiers are told whether they have qualified for disability benefits is the start of a wide-ranging look into problems plaguing veterans' care, the veterans ombudsman says.

In his report into whether veterans are given enough information about why they are granted or denied disability benefits, Guy Parent found the government is failing.

And failure so early in the process can have a domino effect that Parent says he intends to study over the coming years.

"We needed to start somewhere and I think this is a good point," he said in an interview.

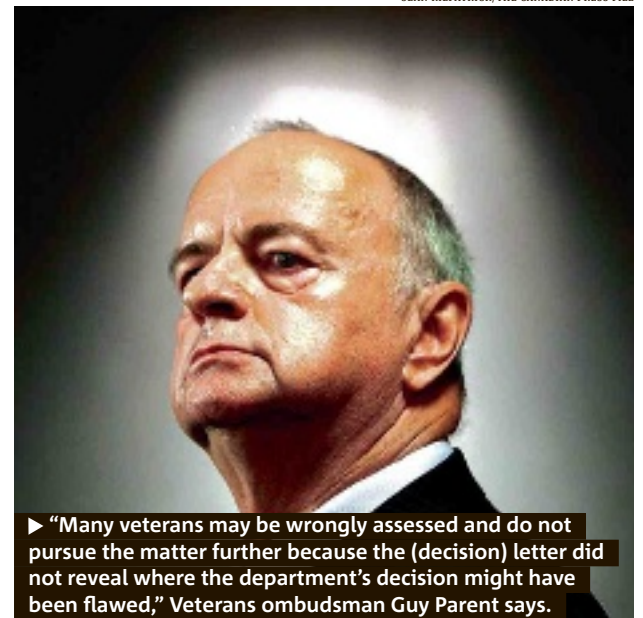
The report released Monday reviewed a sample of 213 disability-benefit decision letters sent between 2001 and 2010, and found

Reaction

- A spokeswoman for Veterans Affairs Minister Steven Blaney said he welcomes the report and intends to act quickly.
- "Cutting red tape and providing hassle-free services to our veterans is minister Blaney's top priority," Codie Taylor said.

that none clearly stated the reasoning behind the decision. About one in five gave enough detail for veterans to attempt to deduce the rationale, but the remainder came up entirely short.

Parent said providing information to support a decision is fundamentally different from simply providing a reason for a decision. Failing to provide supporting information for decisions is at odds with



► "Many veterans may be wrongly assessed and do not pursue the matter further because the (decision) letter did not reveal where the department's decision might have been flawed," Veterans ombudsman Guy Parent says.

the Veterans Bill of Rights and other federal laws, he said.

His report makes four recommendations. The way the letters are generated needs to be improved and reasons for decisions need to be in plain English,

not medical or legal terms.

It also says manuals should be reviewed to make sure adjudicators are aware of what has to be in the letters, and a quality-assurance system must be in place.

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Surveillance stories

► Foreign laws underscore need for caution: Critics

Opponents of the government's online-surveillance bill say Canada should look to its allies for cautionary tales before pushing ahead with measures that would erode Internet freedom.

Experiences in other jurisdictions such as the United States and Britain show no evidence of improved crime-fighting ability and "overwhelming evidence of increased surveillance," said Micheal Vonn of the British Columbia Civil Lib-

erties Association.

The Canadian legislation would allow police, intelligence and Competition Bureau officers access to Internet-subscriber information — including name, email address and Internet Protocol address — without a warrant.

It would also require telecommunication service providers to have the technical capability to enable police and spies to intercept messages and conver-

sations.

The international examples demonstrate that when authorities are given more powers to keep an eye on Internet surfers, they definitely use them, said Vonn.

"If you build it, they will come," he said.

The government insists the bill will improve Canada's ability to work with its international partners to fight crime and terrorism.

THE CANADIAN PRESS

RCMP to probe Toews threats

The RCMP say they've been asked to investigate threats made against Public Safety Minister Vic Toews.

The police force won't discuss the nature of the threats or whether they'll actually open an investigation.

But a spokesman for

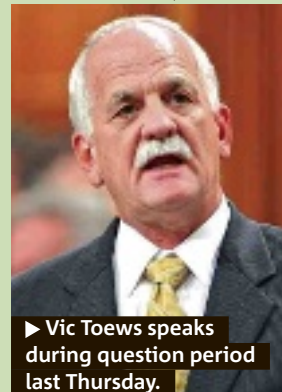
the minister says threatening communication were directed at Toews, which is what prompted the call to the Mounties.

Toews has been the target of a sustained online campaign connected to the introduction of an Internet-surveillance bill which critics say could violate people's privacy.

Part of the campaign involved the publication of the minister's divorce records.

Over the weekend, the online activist group Anonymous posted a video suggesting that the

SEAN KILPATRICK/THE CANADIAN PRESS



heat on the minister could intensify unless the bill is scrapped.

THE CANADIAN PRESS

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► Canada Post President and CEO Deepak Chopra.

Canada Post must modernize, says CEO

► \$2.1 billion being put toward revamping service

The growth of online retailers represents the biggest opportunity in a generation, but Canada Post chief executive Deepak Chopra says the post office needs to change to survive as fewer letters get delivered each year.

Chopra says the organization is going through its biggest upheaval since the introduction of postal codes and machine sorting.

And while the number of windowpaned envelopes with the latest Visa bill or bank statement are decreasing, the volume of yellow-padded envelopes with eBay purchases are on the rise.

"We're on the verge of a massive explosion in e-commerce," said Chopra.

Postal services around the world are facing the same trends that squeeze their business, undercut revenues and threaten to produce mass layoffs. The U.S. Postal Service says it may lose as much as \$18.2 billion a year by 2015 without major changes. Canada Post is also restructuring. It opened its first new plant in 20 years in Winnipeg and is retrofitting major operations in Toronto, Montreal and other cities. Modern equipment is speeding processing times, but means less manual handling and

tensions with unionized workers. **THE CANADIAN PRESS**

Walmart raises stake in online Chinese retailer

Wal-Mart Stores Inc. plans to buy a controlling interest in the fast-growing Chinese online retailer

Yihaodian. The big-box-chain operator has agreed to increase its stake in Yihaodian's holding company to approximately 51 per cent, Walmart said Sunday. The financial terms of the deal were not disclosed and it must be ap-

proved by Chinese government regulators. Yihaodian has been in business for less than four years. It sells more than 180,000 products, ranging from groceries to electronics to clothing. It has 5,400 employees and a delivery

Canadians holding onto dollar bills

In the age of debit and credit cards, Canadians still love cash.

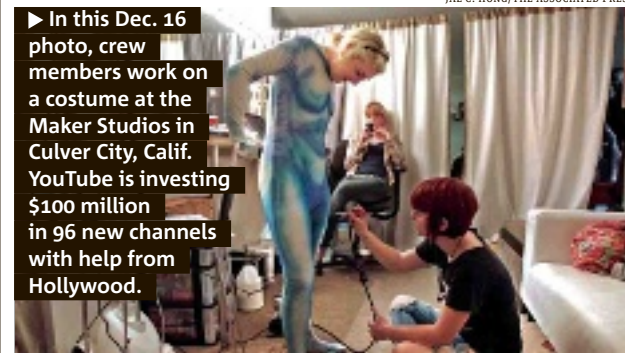
That's the conclusion of an unusual survey by the Bank of Canada, which talked to about 6,800 Canadians, including half who were asked to record their purchases over a three days. Findings revealed cash still accounts for 53.8 per cent of all transactions, and if the purchase was under \$25, that share goes to about 70 per cent.

"In particular, consumers prefer to use cash because they find it fast, cheap, safe against fraud and convenient for budget-control purposes," it said in a discussion paper.

THE CANADIAN PRESS

YouTube reaches out to Tinseltown for viewers

► In this Dec. 16 photo, crew members work on a costume at the Maker Studios in Culver City, Calif. YouTube is investing \$100 million in 96 new channels with help from Hollywood.



YouTube is enlisting Hollywood's help to reach a generation of viewers more familiar with smartphones than TV remotes.

The online-video giant is aiming to create 25 hours of programming per day with the help of some of the top names in traditional TV. The Google-owned site is spreading its wealth among producers, directors and other filmmakers using a \$100-million US pot of seed money it committed last fall. The fund represents YouTube's largest spending on original content so far.

YouTube believes it is laying groundwork for the future. While the number of traditional TV watchers has levelled off in recent years, more and more people are watching video on mobile phones, tablets and computers, especially the

18- to 34-year-old age demographic that advertisers covet. The idea is to create 96 additional YouTube channels, which are essentially artists' home pages, where viewers can see existing video clips and click "Subscribe" to be notified when new content goes up.

THE ASSOCIATED PRESS

What to expect

- **YouTube has attracted** Fast Five director Justin Lin, who directs episodes of Community; CSI creator Anthony Zuiker; and Nancy Tellem, former president of CBS entertainment.
- **Several new channels**, such as the extreme-sports-focused Network A and Spanish-language Tutele, have launched. YouTube hopes to have them all up this summer.

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YOU ARE WHAT YOU PIN

SHE SAYS ...

JESSICA NAPIER
METRO



If Facebook is like a diary of what my life actually looks like (albeit a carefully curated one), then Pinterest is my vision board for what I wish my life looked like.

If you're unfamiliar with this rapidly growing social-networking site, well, where have you been? Here's how it works: images of beautiful clothes, adorable animals, elegant homes and perfectly styled foodstuffs are virtually "pinned" onto thematic boards. Users can edit and share their digital pinboards with fellow pinthusiasts who can then comment on, like and re-pin the images on their own boards and so on.

While a small percentage of the images are purely practical — think "the best DIY drain cleaner" — the majority are simply things that are nice to look at. The photo-sharing site is especially popular among young women (hi there!) who grew up tearing images out of magazines and tacking them up on corkboards to create aspirational collages. Taking this low-tech practice and moving it online is both genius in its simplicity and its revenue-generating potential.

"In January of this year, Pinterest became the fastest website in history to break through the 10 million unique visitor mark..."

Not only is Pinterest easy to use, it's also hopelessly addictive. I've stayed up until 1 a.m. browsing online catalogues of stunning interiors because I decided my home-decor board absolutely needed some new material. I catch myself pinning at home, at the office, in transit ... heck, I've pinned 10 times already while writing this column.

Interestingly, Pinterest's user demographics in North

America differ vastly from those across the pond. The overwhelming majority of American users are females (83 per cent) using the site to post images from feminine interest areas such as fashion, hair and beauty, wedding decor, recipes, etc. In Britain, more than 50 per cent of the users are males sharing very different materials, including SEO and marketing resources, web analytics and venture-capital-related items. Notwithstanding these differences, images concerned with homemade crafts rank pretty high in both countries. I guess you can't deny the popularity of DIY tchotchkes.

While you could dismiss this photo-sharing site as a frivolous collection of eye candy, you'd be a fool not to recognize its potential. I'm sure plenty of companies and brands would love to know that I have visited websites and even made a couple of purchases as a direct result of something I stumbled upon on someone's virtual pin board.

In January of this year, Pinterest became the fastest website in history to break through the 10-million-unique-visitor mark and it's growing exponentially every single day. So are you getting nervous, Mr. Zuckerberg?

Read more of Jessica Napier's columns at metronews.ca/shesays



Register at metropolitanpanel.ca and take the quick poll

How much personal information do you post online?

YOU CAN FIND MY LIKES AND DISLIKES, BUT THAT'S ABOUT IT.

41%

12%

ALL OF IT. I'VE GOT NOTHING TO HIDE.

47%

I KEEP ALL MY PERSONAL INFORMATION WRITTEN IN PIG LATIN AND HIDDEN UNDER MY BED.

Daily Zoom

Out of the blue in Rio



Revellers gather in Rio for parade

RIO DE JANEIRO. This year's Carnival celebrations seem to have drawn some of the unlikeliest of fans. These "Smurfs" were some of the many revellers who descended on Rio de Janeiro to watch the elaborate parades of Carnival which culminate on Fat Tuesday before the start of the Catholic season of Lent.

● MWN

Swivelling hips for 40 minutes

PARADE. The main event of the Carnival takes place at the Sambadrome, a city strip flanked by stands with 80,000 spectators, where 13 samba schools perform with lavish moving floats. Feathered dancers dance and swivel their hips nonstop for 40 minutes to compete for the prize of the parade's champion.

● MWN

Local tweets



► **@JustineDKD:** OH MY GOD #ROLLUPHERIM is back. #coffee intake about to quadruple. Ottawa your in trouble.

► **@theodotblog:** Rideau Canal Closure Due To Ice Hog Droppings, Not Temperature: Report

► **@onlygirljenn:** 2nd half of #familyday- nap for little one and I, hubs and big boy watched

#princessbride @ #mayfairtheatre. Then toys and dinner!

► **@Deepak350:** Spent most of the day clowning around with my mom<3 #FamilyDay is everyday though

► **@thedonkelly:** Family Day is a great holiday and especially fun when you don't have any family to ruin it! #familyday

► **@BaileeReed:** So why do no good artists come to Ottawa, I mean it's the capital of Canada.

Carnival facts

► **History.** Carnival dates back to the 18th century and mixes the traditions of Portuguese settlers with the culture and history of the African slave population. The first parade of samba schools was in 1928.

► **What samba schools do.** Each school features up to 6,000 drummers, dancers and other participants as

well as spectacularly decorated floats. The schools develop an allegorical theme with a specially written samba song.

► **Queens of the Night** Each school has a rainha, or queen, who leads the drum corps. Usually dressed in little more than a huge plumed headdress and high-heeled shoes, they are often famous actresses or models.

2

scene

Box office



Woody Allen's romantic fantasy *Midnight in Paris* and Alexander Payne's family drama *The Descendants* have won top screenplay honours from the Writers Guild of America. Allen won for original screenplay. Director Payne won for adapted screenplay. **THE ASSOCIATED PRESS**



Canadian film sound engineers lose out to Hugo team at Audio Society Awards

Filming on a mission

► Act of Valor crew had their work cut out for them following the days of real-life Navy SEALs



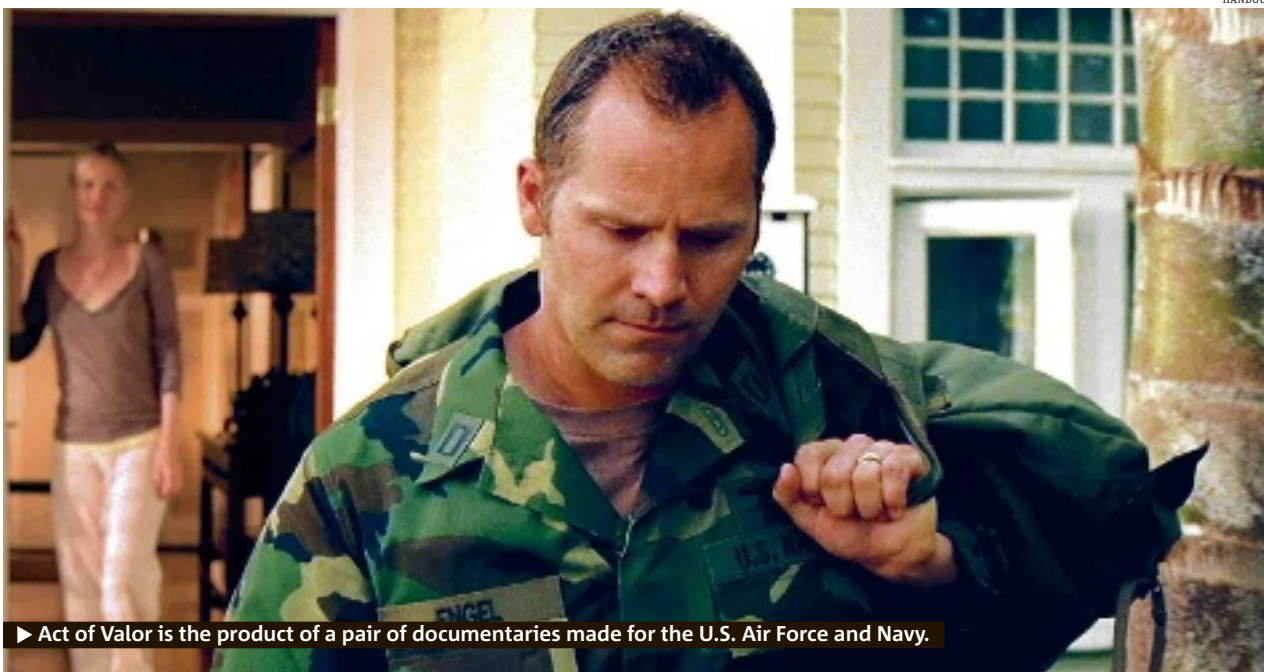
ADAM
NAYMAN
SCENE@METRONews.CA

"We wanted to show that these guys were human beings and not Terminators," says Scott Waugh, the co-director of the unconventional new feature *Act of Valor*, an action movie starring real-life Navy SEALs.

"Originally, they turned us down, saying that they weren't actors, and that they weren't Hollywood guys. 'We told them that we only wanted them to be themselves.'"

Waugh is a former stuntman and his co-director Mike McCoy used to race motorcycles for a living, so it's no surprise that they were able to relate to a group of alpha-male types. *Act of Valor* grew out of documentaries the pair made for the Air Force and the Navy, but it's a fictional narrative, featuring scripted dialogue, plot twists, and actors in supporting roles (mostly as the terrorist villains on the wrong end of the SEALs' gun-sights).

McCoy says that the story is rooted in reality, however. "Everything that happens to a SEAL in the film has happened to a



► *Act of Valor* is the product of a pair of documentaries made for the U.S. Air Force and Navy.

SEAL on the battlefield."

In some cases, the line between filmmaking and field work blurred together: a scene where the SEAL team rendez-vous with a nuclear submarine was shot using the real thing.

"We waited until a true insertion operation was planned and then hopped on," says Waugh, who says that they weren't given exact coordinates on the sub's location until the morning of the shoot. "All

that stuff is real and shot in real time."

"We avoided CGI," adds McCoy. "It's all real stuff, like in the action movies we were raised on."

That also means that the SEALs did their own stunts, which McCoy says was less of a stretch than one might think. "The way they train, they're the most physically capable people on the planet."

While Waugh and McCoy acknowledge that re-

leasing such a pro-military movie into such a polarized political moment is a risk, they say they don't have any agenda: their admiration for their subjects and subject matter is sincere. "We had one goal when we started the film," says Waugh, "and that's that the guys would still want to have a beer with us when we were done. And I'm proud to say that we're still drinking beer together."

Shooting SEALs

► The *Act of Valor* crew followed real SEAL training sessions and although there might be concern about revealing the identities of these special operations forces, the SEALs they followed weren't in an operational position, but merely in training. The faces of the SEALs and their first names are used in the movie.

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Houston items go up on the auction block

► Singing legend was buried on Saturday and already her Bodyguard dress, earrings are up for grabs ► How much will these pieces of Whitney go for?

THE WORD

DOROTHY ROBINSON
SCENE@METRONews.ca



Well, that was quick. She was just buried on Saturday, but the vultures are already circling: It was announced on Sunday that the black velvet dress and a pair of earrings Whitney Houston wore in *The Bodyguard* will be put up for auction next month in California as part of a Hollywood Legends auction.

According to celebrity auctioneer Darren Julien, Houston's *Bodyguard* items became available after her death on Feb. 11.

"It proves a point that these items, they're an investment," Julien told *The Associated Press*.

"You buy items just like a stock. Buy at the right time and sell at the right time, and they just increase in value."

He continued: "It's a celebration of her life. If you hide these things in fear that you're going to offend someone — her life is to be celebrated. These items are historic now that she's passed."

Point taken. But her death is already so tragic.



► A fan takes a photograph at the gravesite of Whitney Houston Sunday in Westfield, N.J.

"It's a celebration of her life... These items are historic now that she's passed."

CELEBRITY AUCTIONEER
DARREN JULIEN

Can't we have an appropriate amount of time to mourn before everyone starts to profit off of her? Say, a week?

Lilo to actually work?

Lindsay Lohan is set to host *Saturday Night Live* on March 3, but the gig

didn't come without a fair amount of begging and pleading, according to TMZ.

Sources say that with her community service nearly complete, the troubled actress is hoping to kick-start her career comeback.

To that end, Lohan reached out to the show's executive producer, Lorne Michaels, suggesting the idea of her hosting again. This will be Lohan's fourth time hosting the program.

And I know you all will be tuning for all of the wrong reasons.



► Lindsay Lohan

Judi Dench's eyes are dim

Dame Judi Dench admits that she's been battling macular degeneration, an eye condition that's causing the 77-year-old to lose her vision.

"I can't read scripts any more because of the trouble with my eyes," she tells the *Daily Mirror*. "And so somebody comes in and reads them to me, like telling me a story." But Dench, who's undergoing treatment for the condition, doesn't have



► Dame Judi Dench

any plans to give up acting. "As long as there is a possibility of working, I'm not going to retire," she says. "If I retire, nothing will work any more, and it's hard enough as it is." ● METRO

Marky Mark goes for shock tactics with his children

Mark Wahlberg has found an effective way to deter his kids from getting tattoos: bringing them along to his extremely painful tattoo-removal sessions.

"I don't want my kids getting tattoos. And I wanted them to be [removed] by the time I did the *Fighter* because putting

makeup on and covering them up has always been a pain in the butt," Wahlberg says in an interview with the *Today* show.

"I've taken my two older kids to the procedure so they see how painful it is and what I have to go through."

● METRO



► Mark Wahlberg



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Celebrity tweets



Packing makes me anxious. I hate limiting my choices.



@DanaDelany



@margaretocho

Should I put wet underwear in microwave?

@jimmykimmel

OK, I get it — everyone on Twitter is clever — enough already...



@SteveMartinToGo



Found small Chinese person inside my iPhone. Apple needs to address working conditions.

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Bosnia.....13.9¢/min	Italy.....1.9¢/min	Sri Lanka.....9.9¢/min		
China.....1.9¢/min	Lebanon.....7.9¢/min	Trinidad.....4.9¢/min		
Colombia.....3.9¢/min	Mexico.....1.9¢/min	U.A.E.....14.9¢/min		
Cuba.....89.9¢/min	Pakistan.....5.9¢/min	U.K.....2.9¢/min		
El Salvador.....9.9¢/min	Philippines.....11.9¢/min	Vietnam.....4.9¢/min		
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3 life

Quoted

"I triple-Spank, which is not good.

Spanx really, really work, but you don't

need to overdo it. It's wonderful because it gives you the illusion of an hourglass with the sand kind of spread out."

THE HELP OSCAR NOMINEE OCTAVIA SPENCER TO TV HOST ELLEN DEGENERES ON CURBING HER CURVES AT THE GOLDEN GLOBES



Transgender kids get puberty-blocking drugs, sex-changing hormones; MDs say numbers are rising

How Emma got that red-carpet body

► The Academy Awards are this Sunday, so you know celebs are busy working out to get ready ► Personal trainer Armando Alarcon, who works with The Help star Emma Stone, tells us how to rock the toned red-carpet look

For all the jokes about plastic surgery and dangerously thin actresses, many celebrities today look toned and tight because of one thing: They exercise regularly. And they work hard at it. See for yourself February 26th, on the red carpet at the Academy Awards. Sure to be there is Emma Stone, whose film *The Help* is nominated for Best Picture. We asked her personal trainer, Armando Alarcon, about her routine — and how you can emulate it.

Maximize your body 100 per cent

The first tip is to never single out one exercise. Full-body training will make you use more muscle and burn calories.

"The body does not move as one single entity," says Alarcon.

"Constantly change your routine with a mix of Pilates, basic weightlifting, yoga and plyometrics combined into one so that the body changes as a whole rather than one particular muscle group."

Identify, target and fix problem areas

When standing tall, a man

"I am not built to lift weights mentally. I do not like lifting heavy metal over my head. I have a lot of rage, I guess, and it comes out when I'm hauling steel overhead."

EMMA STONE, ON WORKING OUT WITH ARMANDO ALARCON

will look stronger and a woman more elegant, but everyone has a problem area that can affect overall posture. Identify these and bring the body back to its original state before building it back up again.

The most common problem occurs when your chest pulls you forward and your back doesn't have the strength to hold the shoulders back, rounding the shoulders and causing a squatted forward lean of the head.

You need to focus on working the back muscles (Pilates is great). Doing so also flattens out the stomach and brings the chest and the shoulders back and down and correctly aligned with the head.

Weights don't need to weigh you down

The celebs use weights — well, light ones.

"Think of it this way: walking is good, jogging is better and sprinting is best," says Alarcon. "Adding five-pound ankle or arm weights to any exercise is hard as heck but causes more of a burn, as it maximizes the effort and shortens the time needed to gain the maximum amount of muscle. You can go from doing 20 reps to 10 to 15, and get the exact same results," he continues.

If it's bad, don't eat it

Alarcon doesn't believe in diets. Allow yourself to eat what you want to eat or you will crash.

His food rules are simple: If you think it's bad, it probably is, so don't eat it. If you think it's too much, then don't eat it all. Whatever your vice is — carbs, fat or salt — change it.

Then eat breakfast. Proteins. Vegetables and water. And a flat stomach will follow, which you can then tone up with ab exercises. Sounds like a lot of work? For the results, check out Emma this Sunday night.



► Actress Emma Stone



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THIS WEEK: Veneers May Be The Way to Your Own Red Carpet Smile!



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A salute to colourful eats at Rainbow Foods

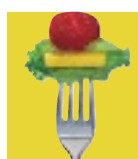
► Store offers more than just healthy and hard-to-find items ► Try its ready-made soups, salads and desserts

SHARI GOODMAN



► Rainbow Salad (\$3.99), Zucchini Kale Soup (\$4.29) and Coffee Cake (\$3.49).

LUNCH RUSH

SHARI GOODMAN
FOOD@METRONEWS.CA


I wandered into Rainbow Foods on a mission to pick up date sugar and ended up with lunch.

Offering healthy and hard-to-find ingredients, this shop also has a “fresh food department” that prepares such things as soups and brownies daily on site.

Zucchini Kale Soup was simmering in the soup pot. It was scented with cumin and curry and filled with chunks of sliced zucchini and kale. The cashier revealed that it is one of the more popular soups.

The rainbow salad was too pretty to ignore. Red cabbage, grated carrots, yellow and red peppers, and celery covered all but blue in the rainbow of veggies. It was fresh and crunchy, but in order to be perfect, it needed a dollop of dressing. For dessert, I opted for

Rainbow Foods
1487 Richmond Rd.
613-726-9200
Quick solo lunch: Yes (take-out only)
Price range: \$\$
Rating: 3.5 out of 5

Auntie Loo's vegan walnut coffee cake. It was a generous square of cake that was maybe better the day it was baked.

The only items lacking at Rainbow Foods are a few tables and chairs to better enjoy this healthy feast.

Shrove Tuesday twist

► The day before Lent is known for pancakes, which are made with ingredients that are often restricted during the 40-day fast

Preparation:

- 1 Combine flour, sugar, pumpkin pie spice, baking powder, baking soda, salt in bowl.
- 2 In separate bowl combine milk, egg, pumpkin, oil, lemon juice and

vanilla. Beat with whisk until smooth. Add to dry ingredients, stirring just until blended. Do not over beat.

- 3 Heat skillet on medium high heat, adding small amount of oil. Portion approximately 1/4 cup of batter on griddle, repeating to fill griddle. Cook pancake until bottom is brown and top has bubbles, about 2 minutes. Flip pancakes and continue cooking until bottom is browned. Repeat until all batter is cooked.

- 4 Syrup: Combine cider and corn syrup in saucepan over high. Bring to boil, reduce heat; cook 15 mins. until syrupy consistency.

- 5 Add butter, cinnamon, nutmeg and vanilla. Serve over pancakes.

NEWS CANADA/ ADAPTED BY
EMILY RICHARDS (VISIT EMILYRICHARDSCOOKS.CA)

Ingredients:

- 1 cup all-purpose flour
 - 2 tbsp brown sugar
 - 1 tsp pumpkin pie spice
 - 1 tsp baking powder
 - 1/4 tsp baking soda
 - 1/4 tsp salt
 - 1 cup milk
 - 1 egg
 - 1/3 cup canned pumpkin
 - 2 tablespoons Mazola Veg Plus! canola and vegetable oil blend
 - 1 tbsp lemon juice
 - 1 tsp pure vanilla extract
 - Mazola Veg Plus! canola and vegetable oil blend for skillet/griddle
- Apple Cider Syrup**
- 1 cup apple cider or juice
 - 1 cup BeeHive corn syrup
 - 2 tbsp butter
 - 1/4 tsp ground cinnamon
 - Dash ground nutmeg
 - 1/2 tsp pure vanilla extract

Angel Hair Tuna

THE CANADIAN PRESS H/O



Preparation:

- 1 In pot of boiling salted water, cook pasta about 8 mins. or until tender but firm. Reserve some cooking water; drain pasta. Return pasta to pot.

- 2 In skillet, heat oil and lemon rind over medium heat until sizzling. Mix tuna with 15 ml (1 tbsp) of reserved pasta cooking water. Stir lemon oil into pasta and add tuna, heating mix gently. Add lemon

juice; stir in tomatoes. Serve with lemon. **THE CANADIAN PRESS/ CLOVER LEAF/ ADAPTED BY EMILY RICHARDS (EMILYRICHARDSCOOKS.CA)**

Ingredients:

- 130 g (4 1/2 oz) angel hair pasta
- 15 ml (1 tbsp) olive oil
- 15 ml (1 tbsp) grated lemon rind
- 30 mL (2 tbsp) lemon juice
- 2 cans (85 g each) flaked light tuna (garlic and hot pepper flavour)
- 250 ml (1 cup) halved grape tomatoes
- Lemon wedges

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SNEEZING AT THE DINNER TABLE

CHARLES THE BUTLER

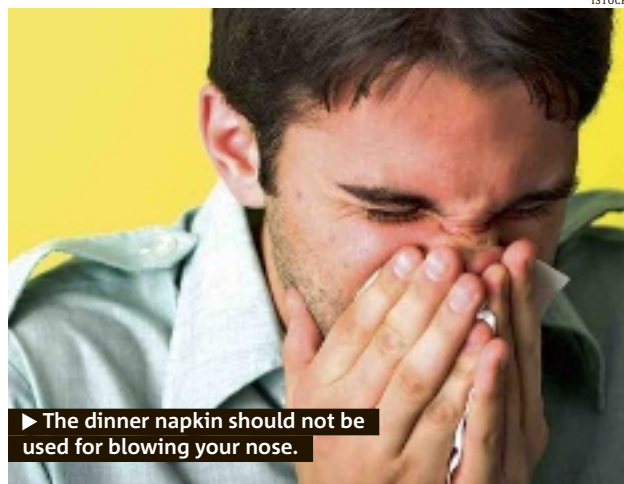


ASKCHARLES
THEBUTLER@
METRONEWS.CA

FOR MORE, VISIT
CHARLES
MACPHERSON.COM

Dear Butler,
When at dinner and one feels a sneeze coming on, how do you handle the situation? Sneeze into the napkin? Turn your head and sneeze into the napkin? Then there is the nose blow. Turn your head and blow into the napkin or leave the table to take care of it? Does one even use their napkin? Very confused here.
Arthur

Dear Arthur,
Let's first deal with the easy part of your question. The dinner napkin is never, under any circumstances, used as a handkerchief, so blowing your nose into your napkin will never be



► The dinner napkin should not be used for blowing your nose.

an acceptable option.

Should you ever need to blow your nose while at the table, you should always excuse yourself from the table and ideally blow your nose in a Kleenex or handkerchief, far enough away so that the others at the table do not hear you.

Now, as for sneezing at the table. Remember that sneezing can spread germs. If you must sneeze at the table, grab your napkin, cover both your mouth and

nose, put your head down as close to your chest as possible and try to push your chair back from the table before sneezing.

It is even better if you are seated in a position that allows you to turn your head away from everyone.

In any case, try to never sneeze in someone's direction, or in the direction of the food.

HAVE A QUESTION? EMAIL CHARLES AT ASKCHARLESTHEBUTLER@METRONEWS.CA.

BE SOLD ON YOURSELF

Dear sisters,
I have been trying to meet new people through various dating sites for a while now. I've made a few good connections too; always talking, having a good time, wanting to hang out more (and the girl usually suggests it). But it seems to fizzle fast. She either is too busy or some other reason, but then they appear on my list of 'online' people when I go back to these sites...

Am I not being forward enough, or too forward by expressing interest? What else can I do? Thanks!
Wondering what I do.

Andrea: Dear Wondering,

Start by patting yourself on the back for at least going on sites and meeting new people; that's half the battle. Next, go home, kick yourself really hard in the shin, open an umbrella indoors and whistle the theme to Knight Rider. This is the magic spell to make any woman fall madly in love with you.

Not.

My point is that you can put yourself out there and get some positive feedback, but there's no trick to make it pan out longer than that ... other than good old connection. If you haven't

TWO SISTERS



ANDREA & CLAIRE
RELATIONSHIPS@METRONEWS.CA

found it, you haven't found it. What women find madly attractive are confidence and congruence. I shouldn't have to explain confidence to you, because if I do, you don't have it. Congruence, though, is when your thoughts aren't aligned with your goal. For instance, you've dressed the part and even say the right things, but your body language and tone say that you're desperate, which means you're not 100 per cent sold on yourself or what you want, and she won't be either. Improve yourself in whatever way you think is necessary, then stop wondering and enjoy who you are.

Claire: Dear Wondering,

If you're getting dates, you must not be one of those weirdos I met during

my brief tenure on one site, who called themselves hotnight69 or romeo-foru462. Congrats!

I've been that girl — the one who loses interest. It means you're either doing or saying something to put me off, like the guy who talked dirty within seven minutes of meeting, or the one who smoked in my face while telling me what bad drivers women are. Or else it means that the chemistry just isn't there ... yet. We've all been there, and we'll all be there again, so you're not alone. Don't lose confidence, just step away from it all once in a while, until you feel good again. And never tell a woman you're dating what you've just told us; never feel sorry for yourself or wonder aloud why things haven't worked. Try doing the opposite of what you've been doing on your next date — ask questions about her, listen more than you speak, laugh when she expects it ... in other words, get to know her before you reveal yourself too much, but be warm throughout. Chicks dig that.

TWO SISTERS, 20-SOMETHING ANDREA AND 30-SOMETHING CLAIRE, OFFER THEIR DIFFERING VIEWS ON YOUR RELATIONSHIP ISSUES.

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INFORMEZ-VOUS DÈS MAINTENANT, COHORTE DÉBUTANT BIENTÔT

I love my baby daddy but...

► Our Mommyish writer explains why she needs space

"You're funny," my boyfriend/baby daddy said to me after I told him I could see myself living with him six days a week.

But I wasn't being funny at all. I was telling him the truth. I truly don't see how married people do it.

In fact, I wish married people would speak up more often about how they live with someone every single day, hopefully for the rest of their lives.

There are so many books out there on being single, but no books out there about the truth about marriage and how to live with someone.

I hate to admit this, but it would be ideal if my boyfriend/baby daddy could live next door to me.

Don't get me wrong: I love this man more than any man I've ever been

with, and I want to spend the rest of my life with him. It's just that I also want a break, at least one night a week. It isn't feasible, economically, for us to afford two houses next to each other. However, it is feasible that he rents a place, which he does, to be closer to his own children's school and so he can be there for their after-school activities. Even after we had our baby, I told him I'd pay for him to keep it.

As it stands, he sleeps there two nights a week, and I really look forward to those two nights a week. I miss him like hell, but it's a good kind of missing, and after those two nights, I can't wait to see him again. Meanwhile, I get to wear sweats and eat pizza, without care. (As a side note, I always dress sexily to bed

when I'm with him. Just my tip to you ladies!)

I've been a single mother for five years now. And I've done it. And done it well. Plus, these married friends of mine — not all of them, but a number of them — don't seem all that happy in their marriages.

I truly believe if they took a break from each other, one night a week, their relationships would be better.

Once, after having coffee with a friend, she saw her husband's car in the driveway, and her face dropped. It literally dropped. She said, "Oh, great. Now I'm not going to get any work done."

And I thought, God, if this is what marriage is, or what living together is like, then count me out.

CONTRIBUTED BY:

What's all the RRSP fuss about?

► More money grows larger and faster than less money – so start saving ► And who doesn't want to pay less taxes?

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA



RRSP season is the only time of year I ever recommend stampeding to the bank as quickly as possible to set up an RRSP account or make a contribution. Each year you have until March 1 to contribute to your RRSP and have it count for the previous tax year.

Wondering what the big deal is with RRSPs? Simply put, the RRSP is the single most powerful tool Canadians have to save money for

retirement.

Contributions are fully tax deductible and they grow tax-deferred until withdrawal; typically when you retire. The greater the amount you contribute, the more income you get to deduct from your tax return. Rather than forking over thousands of dollars in taxes to Revenue Canada, you can invest these saved dollars within your RRSP.

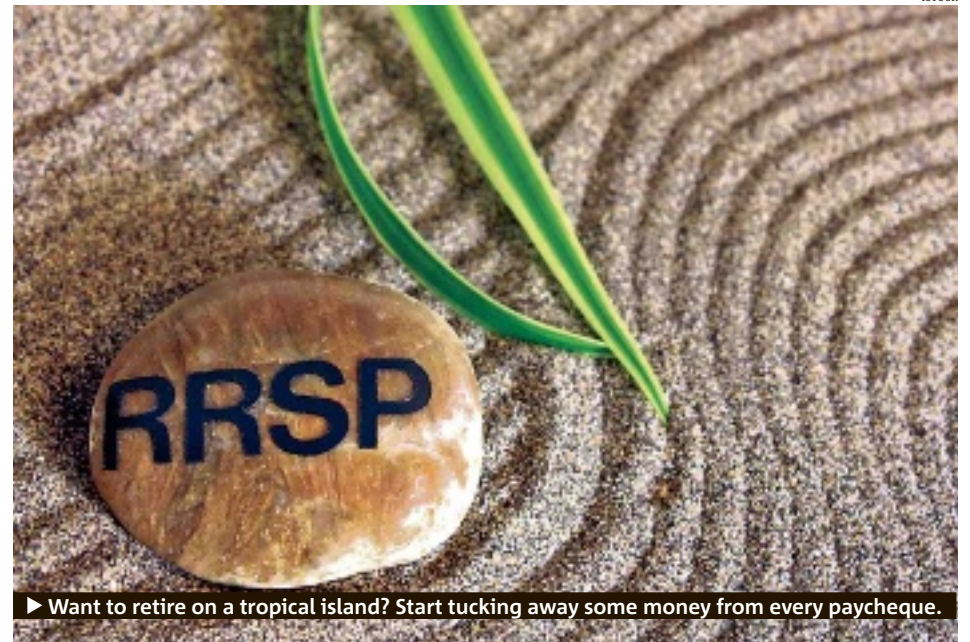
The law of reinvested returns states that more money grows larger and faster than less money; when invested in a portfolio that is properly allocated based on your personal needs. Thus, keeping more of your money, rather than paying it out in taxes, significantly increases your nest egg.

When you're starting

"I know there are competing priorities for your money, but paying yourself first, using an RRSP, will save you thousands of dollars."

out, perhaps a new career, buying a home, or raising a family, tax deferral is very valuable. It allows you to maximize your savings opportunities even though your budget might be tight.

Nearly anyone can have an RRSP. Individuals can contribute up to 18 per cent of their income, up to \$22,450 for tax year 2011, and the limit can sometimes vary depending on your pension program at



► Want to retire on a tropical island? Start tucking away some money from every paycheck.

work. If you can't maximize your RRSP limit, you can carry-forward the contribution room indefinitely.

Start contributing regularly on pay day and in-

crease your contributions annually until you reach your maximum limits. Check whether your employer has an RRSP or pension plan you can

participate in.

I know there are competing priorities for your money, but paying yourself first, using an RRSP, will save you thousands of dollars.

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TUESDAY, FEBRUARY 21, 2012

RRSP GUIDE



Removing roadblocks for RRSPs



JANE
DOUCET
FOR METRO

With the RRSP deadline looming on Feb. 29, some Canadians may be scrambling to find funds to contribute.

The ideal scenario is to set money aside for RRSPs on a regular basis. "The best plan is to contribute a fixed amount monthly," says Paul Lermite, a Vancouver-based certified financial planner with Assante Wealth Management.

The monthly amount gets automatically deducted from your bank account.

Then, if at some point during the year you get a work bonus or inherit money, you can top up your contributions.

Not having a ready stash of cash to invest is just one roadblock stopping people from contributing to an RRSP.

Here is how to overcome that obstacle and others.

Can't scrounge up a dime.

If you have raided your piggy bank but still can't come up with money to invest, consider taking out an RRSP loan. "Borrow an affordable amount for one

year, maximum," says Lermite. "Then pay back some of the loan with the tax refund the RRSP generates."

Spent too much at Christmas. If you blew your budget buying gifts for everyone on your list, you could end up mired in credit card debt leading up to the RRSP deadline. "That doesn't mean you shouldn't buy Christmas gifts," says Lermite. "But it is a sign that you should start reining in your holiday spending."

Missed the deadline. Hoping there is a grace period

post-deadline? Unfortunately, there isn't. But arriving late to the party can be an opportunity in disguise.

"If you miss the deadline, that's OK," says Lermite. "What you need to do now is get a certified financial planner to help you start planning right away for next year."

When the time comes, try not to wait until the day before the deadline to hand over your cash; the sooner you can do so, the better prepared you will be.

Waited too long to start. If you are 10 years or more

away from retirement and you finally have a good chunk of change to invest in your first RRSP, it might be worth your while, but talk to your financial adviser to make sure. The closer to retirement you are, the less time you will have to take advantage of compound interest. Also, you must start withdrawing some of your RRSPs at 71.

"If you're less than a decade away from retirement, you'd probably be better off making non-registered investments like a tax-free savings account," says Lermite.

Various ways to pad your retirement

Have you contributed to your RRSP yet? The deadline for contributing and using it on your 2011 income tax return is Feb. 29. Here are ways you can do it:

All at once: At this point in time, your only choice is to make a lump sum contribution. Whether it's be-

cause you have an uneven income flow, you forgot, or you don't have a retirement plan in place, "we do know that in February, people stress about making a contribution," says Peter Drake, vice-president, retirement and economic research, Fidelity Investments Canada. "If

you're in that situation, it's better to do something than do nothing."

Loan: You might also consider borrowing money. "This is still a great way for someone to get money into retirement savings," says Henry. Most banks have special RRSP loans.

For example, "We can set up a catch-up RRSP line at Scotiabank to help you catch up on any unused RRSP contributions," says Henry. But paying off the loan as quickly as possible is recommended.

Throughout the year: Regular contributions (weekly,

monthly, etc.) are the most convenient and effective way to contribute, says Anthony Williams, vice-president of academic affairs, Canadian Institute of Financial Planning.

If structured properly, it just becomes a regular bill payment and you won't miss it. ● YLVA VAN BUUREN

Knowledge is power for women

In her book *It's Your Money: Becoming a Woman of Independent Means*, Gail Vaz-Oxlade cites a USA Today study that reveals 70 per cent of women are afraid they won't have enough money when they are old.

But that's the United States, you might say. The prospects are better for Canadian women. Right?

Maybe not. Statistics Canada has reported that 40 per cent of women older than the age of 75 who were living on their own had incomes below the poverty line. Part of the reason is that many still believe dealing with finances is a man's job.

"We can paint this picture with fresher, more vibrant colours," writes Vaz-Oxlade. "But to do it, (women) have to understand how money works. And we have to be willing to take charge of our own financial lives."

Financial experts caution women not to rely solely on their partner to manage their money.

"Knowledge is power," says Teresa Black Hughes, a certified financial planner with Rogers Group Financial in Vancouver. "Women should be a contributor (to the financial conversation), too."

Women tend to have more relationships than men and more people to take care of. "This can distract them from the focus of looking at the numbers of their lives," she says.

At the very least, every woman should have a chequing account in her name only, maintain a healthy credit rating and have a "pay-yourself-first" investment plan.

If your life circumstances change, it will be necessary to review insurance policies, consider tax implications to your new status, and revise your retirement and estate plans.

● JANE DOUCET

Spousal RRSPs — divide and prosper



A spousal RRSP is a regular RRSP with one important difference, says Mike Henry, senior vice-president of retail products, Scotiabank: The person making the contribution is doing so in their spouse's name.

"This lets couples divide up their retirement income as a way of minimizing their overall tax liability in retirement. It's really useful in that you can help bal-

ance up the income load and try and keep each spouse in a lower overall income tax bracket in retirement."

A spousal RRSP is an income splitting strategy with the objective of reducing the cumulative family tax bill, according to Anthony Williams, vice-president of academic affairs, Canadian Institute of Financial Planning.

Through their working life, the person with the higher income can shift in-

Security

▶ While the tax savings is one reason to choose, the other, says Peter Drake, vice-president, retirement and economic research, Fidelity Investments Canada, could be described as

come to the person in the lower tax bracket, says Williams. When you both retire, rather than have a disproportionate pool of RRSP income, you have

emotional. "If the higher earning spouse contributes, then the recipient is going to have some income in retirement, along with old age security, CPP, etc.," And that provides a nice feeling of security.

equal amounts, says Williams. If you need \$50,000 of household income, you would pull \$25,000 from each plan.

"From a tax perspective,

that's much better than taking the entire amount from the one."

Here's what you need to know about spousal RRSPs: ▶ A person can contribute his or her entire RRSP allowance into a personal RRSP, put it all in a spousal RRSP, or split up the contribution.

▶ Once money is in a spousal RRSP, it becomes that person's money — even though the other person makes contribution.

▶ The contributor gets the

tax deduction.

▶ Any withdrawal is taxed. The contributor will get taxed if the money is pulled out during the attribution period, which is three calendar years from the contribution. Otherwise, the owner will get taxed when the money comes out.

At the same time, spousal RRSPs are just one way of doing spousal splitting and, really, you should look at how they fit into your whole retirement savings plan, says Williams.



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4
sports

Sports in brief



Manny Ramirez found a taker in Oakland — at a bargain price.

The suspended slugger agreed on a minor league contract Monday with the Athletics that is worth approximately \$500,000 US if he's added to the big league roster.

The A's announced the deal and said Ramirez is expected to report to spring training by the end of the week, in time for Oakland's first full-squad workout Saturday. He is a non-roster invitee.

The 12-time all-star is due to serve a 50-game suspension for his second positive drug test before he can play for the A's.

THE ASSOCIATED PRESS

'Everyone did their job'

► Karlsson, Spezza score two goals apiece as Senators dominate the New York Islanders



Erik Karlsson had a simple explanation for Ottawa's dominant performance Monday.

"Everyone from offence to defence did the job today," the all-star defence-man said.

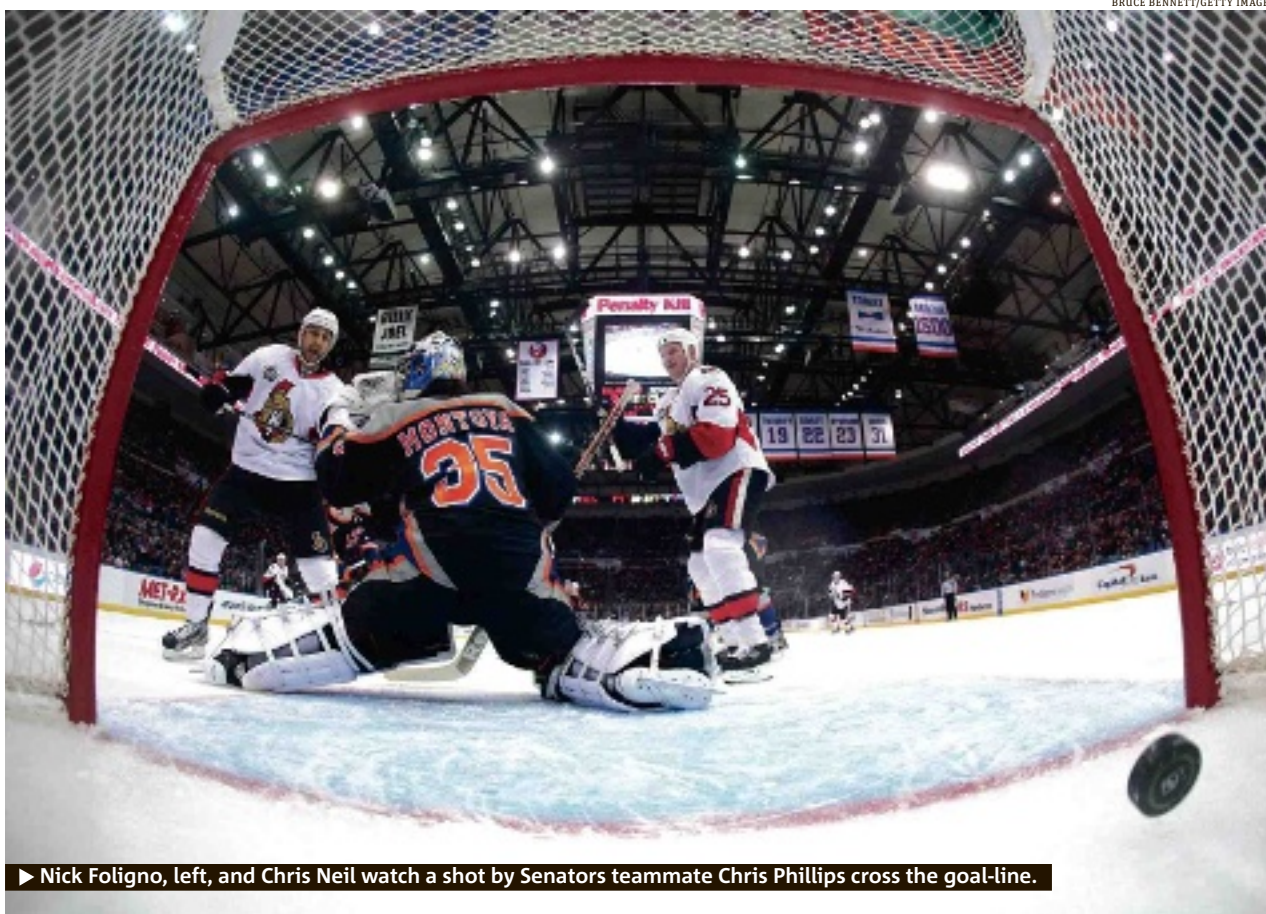
Sure looks that way.

Karlsson had two goals and fellow defencemen Chris Phillips and Brian Lee also scored to lead the Senators to a 6-0 victory over the New York Islanders.

Jason Spezza also scored twice and Craig Anderson made 28 saves for Ottawa, which has won three straight and four of five. The 21-year-old Karlsson added two assists and leads NHL defencemen with 57 points.

"We all contributed today, especially Andy and the way he played in goal," said Karlsson, who has 12 goals and 45 assists in his third NHL season. "Everyone did their job."

The Senators (31-22-8)



► Nick Foligno, left, and Chris Neil watch a shot by Senators teammate Chris Phillips cross the goal-line.

moved within two points of first-place Boston in the Northeast Division and one point behind Pittsburgh and Philadelphia for fifth place in the Eastern Conference playoff race.

Karlsson opened the scoring 1:08 into the first period with his 11th of the season on a sharp-angle shot from the corner to the

left of Islanders goaltender Kevin Poulin. Spezza, who has seven goals and eight assists in his last six games, made it 2-0 just 27 seconds later.

Islanders coach Jack Capuano then yanked Poulin for Al Montoya, but Ottawa kept pouring it on.

Karlsson made it 3-0 at 14:03 of the first with a low

shot from the slot. It was the fourth career two-game game for Karlsson, Ottawa's first-round draft pick in 2008.

"My goal is to keep working hard," he said. "A lot goes into being successful for 82 games plus the playoffs in this league. I'm still learning all the time."

Phillips added a power-

play goal at 9:37 of the second and Lee posted his first of the season at 9:49 of the third.

"We are focusing well and playing playoff-type hockey," said Phillips, who played his 1,000th NHL game earlier this month. "It's what we need to do this time of year."

THE ASSOCIATED PRESS

Spezza proving he's an elite player

THE HOCKEY NEWS

MURRAY PAM
OTTAWA@METRONEWS.CA



Slide over MVP candidates Claude Giroux, Henrik Lundqvist, Evgeni

Malkin and the Sedins. With 15 points in his past six games, Jason Spezza has earned himself a seat at the table among the NHL's elite. The Sens' No. 1

centre is putting together a run reminiscent of last season's second-half finish by Anaheim's Corey Perry, which propelled him to the prestigious Hart Trophy.

There are several reasons for No. 19's success in 2011-12:

1. Maturity. The 28-year-old has lost his trademark chuckle and is taking hockey and life more seriously. For the first time in his eight seasons in Ottawa, he has been given the 'A' on a permanent basis and he's leading by example. Spezza

— who, along with wife Jennifer, are expecting child No. 2 in mid-March — is also a "go-to" voice in the dressing room, both with teammates and the media.

2. More shots. Once known as the 'Spezz Dispenser' on the strength of his superior set-up skills, the Mississauga native is shooting more than in past seasons, averaging three per game. His 27 goals is tops on the club. You could argue Spezza should have even more tallies, as he ranks fourth league-wide in missed

shots with 90. His current 87-point pace would give Spezza his most productive season since 2007-08 when he racked up 92. And that was when he had the luxury of 40-goal men Dany Heatley and Daniel Alfredsson on his wings.

3. Defensively responsible. While the 6-foot-3 Spezza consistently brings fans out of their seats with his dazzling stickhandling abilities, he has had a penchant for giveaways. However they have become less noticeable this season. Under coach Paul MacLean, Spezza has fo-

cused more on protecting the puck and winning key faceoffs. Spezza is the only NHL pivot to take more than 1,300 draws this season, winning 713 of them.

Spezza's 19:51 of ice time per game ranks him 32nd among forwards league-wide, which makes this season's accomplishments all the more remarkable. Whether he captures the Hart Trophy, which is awarded to player deemed most valuable to his team, Spezza has clearly stepped up in 2011-12, taken charge and become "the man."



► Yankees Phil Hughes, Boone Logan and CC Sabathia stretch during practice.



► Albert Pujols answers a question during a news conference on Monday.



► Tampa Bay Rays catcher Jose Molina attends a workout on Monday.

Spring is in the air

► With most teams opening their training camps this week, there is plenty going on in baseball



► Detroit Tigers first baseman Prince Fielder talks to the media as he arrives early to spring training on Monday.

Quick hits

Here's what was going on in major league training camps:

- **Prince Fielder** entered the Tigers' increasingly crowded clubhouse Monday, the day of Detroit's first workout for pitchers and catchers. Fielder and Miguel Cabrera both came to camp early, along with a handful of other position players.
- **Mariano Rivera** hinted 2012 could be his final year in the major leagues, saying he won't announce his long-term plans until after the season. The New York Yankees' 42-year-old closer says he has reached a decision about whether he will retire or return in 2013, but said he won't reveal it until "maybe October."
- **Albert Pujols** says he won't look back as he moves to a new baseball home. On Monday, he reported to his first training camp with the Los Angeles Angels, arriving a week earlier than he planned so he could begin bonding with his new teammates.
- **Bryce Harper** arrived at spring training with the same goal he had last season: to make the Washington Nationals' opening-day roster. Nationals manager Davey Johnson said the 19-year-old is "still in the mix to have an opportunity."
- **A.J. Burnett** was happy to escape from New York. "It was fun the first couple of years. Then it got like, 'I'm never going to get out of this funk,'" he said Monday, a day after the Yankees dealt him to the Pittsburgh Pirates for a pair of low-level prospects.

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The cost of screaming 'hurry'

JONATHAN HAYWARD/THE CANADIAN PRESS

► Skips' vocal cords take a beating at women's curling championship

Heather Nedohin knows it's coming. It's just a matter of when.

The Alberta skip was hoarse by the second day of the Canadian women's curling championship. She expected to be croaking out sweeping calls soon.

A skip's voice takes a beating over the course of the Scotties Tournament of Hearts.

It's not just 20 ends or more a day of calling sweepers on and off the stones that strains their voice boxes.

They use tone and volume to communicate the urgency of the situation. Their vocal cords compete with skips yelling on other

ice sheets and also with bursts of applause and ringing bells from spectators.

The skips often sound raspy in post-game interviews. Some larynges hold up better than others. Nedohin's larynx does not.

"Because I'm ridiculous when I scream and I do it too much," she confesses. "I overdo it."

Curling lore includes instances of skips trying to work around their voices giving out.

When Russ Howard lost his voice at the 1989 Brier, he tried using radio communication devices with his teammates, but the Canadian Curling Association wouldn't allow it.

Ontario skip Bryan Cochrane was given permission by the CCA to use a whistle at the 2003 Brier because he had a pre-existing vocal chord disorder.

Skips often combine hand signals with verbal instruction, and those signals are a backup if their voice quits.

"We play in a lot of curling rinks throughout the cashspiel season and they are loud and echo and are noisy, so we do have a lot of hand signals that we use," B.C.'s Kelly Scott said. "Even in an arena, you can't shout over the cheering and applauding at times."

"We do default back to some hand signals. The

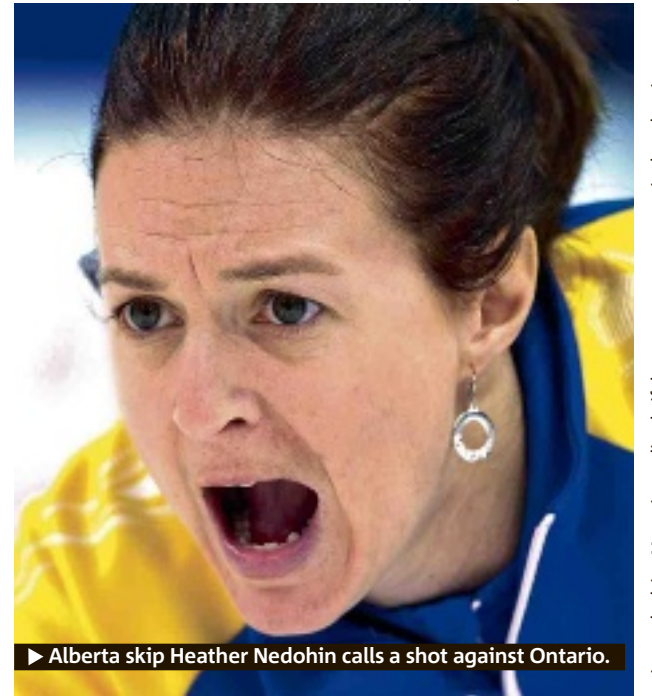
sweepers always know to look up and keep checking."

How the skips feel about what's happening on the ice is projected to both their teammates and the spectators via their voices.

Nedohin wears her emotions on her sleeve and in her voice. Her shouts are the loudest and highest on the musical scale with Marie-France Larouche of Quebec a close second.

"All week, I scream and sometimes it's a little bit higher or a little bit lower," Larouche says. "It's very hard. At the end of the week sometimes, I miss my voice."

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► Alberta skip Heather Nedohin calls a shot against Ontario.

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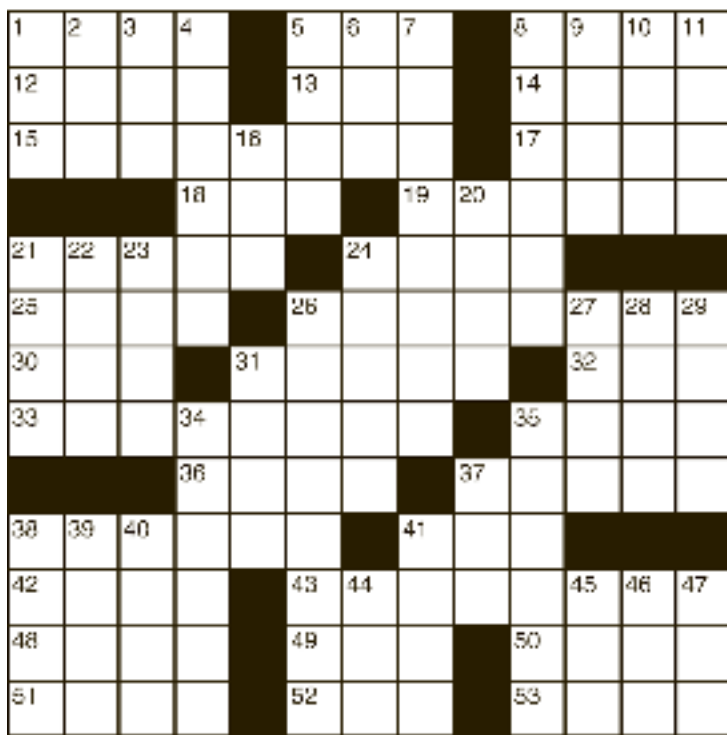
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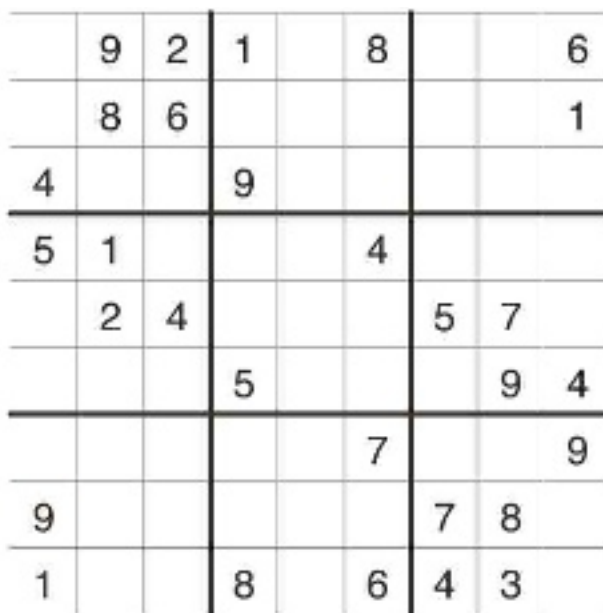
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31 "The Age of Anxiety" poet
32 Past
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35 Rorschach test picture
36 Cincinnati team
37 Mustard-family herb
38 Urban problem
41 Hot tub
42 Bedouin
43 Robinson Crusoe, e.g.
48 Hammer's target
49 Ultra-modernist
50 Money
51 Rote of football lore
52 Talk on and on
53 Syringe, for short
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1 Acapulco gold
2 Actor Kilmer
3 Previous night
4 Logic
5 Nephrite
6 Work with
7 Michael Jackson hit
8 Repudiate
9 Verve
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20 Reddish horse
21 Bivouac
22 Early pulpit
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24 Portends
26 Holding affectionately
27 Chip's cartoon pal
28 Ids' counterparts
29 Deteriorates
31 From the beginning
34 Fit for farming
35 Limb
37 Tax pro
38 Foundered
39 Say grace, e.g.
40 Bar
41 Unkempt one
44 Vast expanse
45 Week fraction
46 Kreskin's claim
47 Pi follower
53 Barbie's companion



► Monday's answer



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Monday's answer ►

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6	5	4	9	2	1	8	7	3
8	3	9	2	5	7	4	1	6
2	4	1	6	3	8	7	5	9
7	6	5	1	4	9	3	8	2
3	2	8	7	9	6	1	4	5
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Today's horoscope

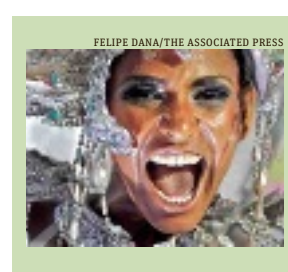
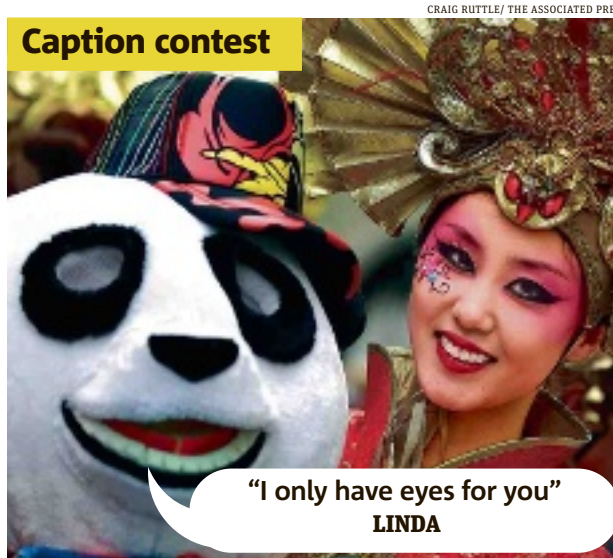
♈ Aries March 21-April 20
Speak your mind today and don't worry too much who might be offended.
♉ Taurus April 21-May 21
Don't be secretive about your social and professional ambitions – let everyone know what it is you are hoping to achieve.
♊ Gemini May 22-June 21
You will be intensely ambitious over the next few days. Go for it!
♋ Cancer June 22-July 22
Can you afford to sit back and look smug as the plans you made a few months ago begin to pay off? Yes you can.
♌ Leo July 23-Aug. 23

This is a good time to start something of a business nature.
♍ Virgo Aug. 24- Sept. 22
Are you looking at a situation with clear eyes, or are you seeing what you want to see rather than what is truly there?
♎ Libra Sept. 23-Oct. 23
You must pace yourself sensibly today, even if you think you can labour from dawn to dusk without a break.
♏ Scorpio Oct. 24-Nov. 22
All things are possible and if you want something enough you will find ways to get it today.
♐ Sagittarius Nov. 23-Dec. 21
Don't turn your back on some-

For today's crossword answers and for expanded horoscopes, visit metronews.ca

one who needs help, even if they have been less than helpful to you in the past.
♑ Capricorn Dec. 22-Jan. 20
There is no point losing your temper with someone whose beliefs you profoundly disagree with.
♒ Aquarius Jan. 21-Feb. 18
Make a decision and stick with it. If you chop and change you could do yourself a great deal of damage.
♓ Pisces Feb. 19-March 20
A new moon in your sign means a new beginning – but what kind of new beginning is entirely up to you.
● SALLY BROMPTON

Caption contest



You write it!

WIN! Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in Tuesday's Metro.

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The objective of this program is to provide the theoretical knowledge and the practical skills required to plan, market, and deliver safe and effective fitness and health services to individuals and groups in diverse settings.

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Starting your own personal training business is an option! Corporations and hotels that offer leisure and wellness programs are other options. Opportunities also abound in:

- Fitness and Health Clubs
- Retail Fitness and Sports Stores
- Municipal Recreation Centres
- Health Promotion Agencies
- Hospitals and Rehabilitation Clinics

Fitness and Health Promotion subject matter includes:

- Anatomy and Physiology
- Exercise Physiology
- Nutrition and Wellness
- Community and Civic Life
- Leisure Program Design & Management
- Group Exercise
- Fitness Assessment & Program Design
- Biomechanics & Kinesiology
- Personal Training and Programming
- The Business of Personal Training
- Advanced Exercise Techniques

Certification

This program helps prepare you for these Can-Fit-Pro certifications:

- Fitness Instructor Specialist (FIS)
- Personal Training Specialist (PTS)
- Nutrition & Wellness Specialist (NWS)
- Pre & Post Natal Fitness Specialist (PFS)
- Older Adult Fitness Specialist (OAS)

Can-Fit-Pro testing is provided for graduates

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